

# Four-Mallet Daily Warm-Up

T. Adam Blackstock

## 1) "8 on a Mallet" - Single Independent (Inside and Outside)

Marimba

Musical notation for exercise 1, "8 on a Mallet". It consists of two staves in 4/4 time. The upper staff has a treble clef and contains a sequence of eighth notes: four eighth notes on a single pitch (marked with a '4'), followed by a whole rest, then three eighth notes on a single pitch (marked with a '3'), followed by a whole rest, and finally four eighth notes on a single pitch. The lower staff has a bass clef and contains a whole rest, followed by four eighth notes on a single pitch, a whole rest, and four eighth notes on a single pitch. A measure number '1' is centered below the first measure of the lower staff.

## 2) "Scalar Passages" - Single Independent (Inside and Outside)

Musical notation for exercise 2, "Scalar Passages". It consists of ten staves in 4/4 time. The first two staves (measures 5-10) are in the treble clef and contain ascending and descending eighth-note scalar passages. The next two staves (measures 11-16) are in the treble clef and contain ascending and descending eighth-note scalar passages. The next two staves (measures 17-22) are in the bass clef and contain ascending and descending eighth-note scalar passages. The next two staves (measures 23-28) are in the bass clef and contain ascending and descending eighth-note scalar passages. The final two staves (measures 29-34) are in the treble clef and contain chromatic eighth-note passages. A measure number '5' is at the start of the first staff, and '11', '17', '23', '29', '34', '39', '44', '49', '54', and '60' are at the start of their respective staves. A note in measure 34 reads: "\*choose any arpeggio for chromatic (fully dim. and aug. as examples)". A measure number '1' is at the start of the first bass clef staff, and '2' is at the end of the second bass clef staff.

3) "Jumping Intervals" - Double Vertical

65

R

70

L

\*Ext. to 10th

75

R

79

L

4) "Scalar Intervals" - Double Vertical

83

R

87

R

92

L

97

L

100

5) "Chromatic Fifths" - Double Laterals (outside)

103

6) "Chromatic Fifths" - Double Laterals (inside)

105

7) "Chromatic Fifths" - Triple Laterals (inside)

107

8) "Chromatic Fifths" - Triple Laterals (outside)

109

9) "Diatonic Alts" - Single Alternating Strokes

111

117

123

129

135



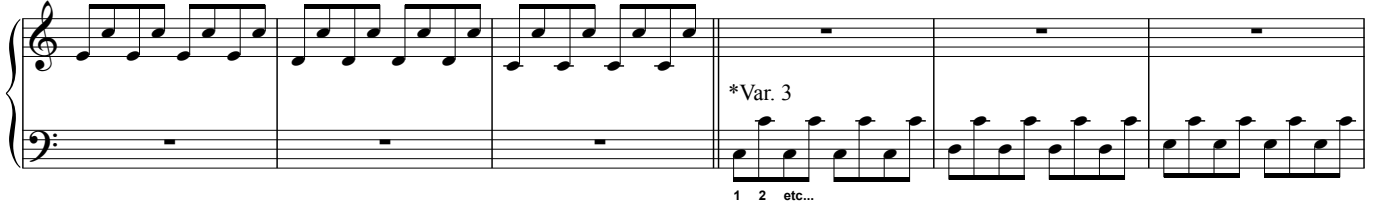
141 \*Var. 2



147



153



159



165



10) "Chromatic Alts" - Single Alternating Strokes

171



177



183



189



193



\*3 more variations on "Chromatic Alts,"  
as with the diatonic exercises

## 11) "Independent Roll Progression" - Single Alternating Strokes

196

199

202

## TIPS:

- \* Practice Slowly! You may progressively get faster, especially with the lateral exercises, but speed is not the objective.
- \* All interval exercises are not limited to those given. The player should explore larger/smaller intervals as he/she becomes more comfortable.
- \* Choose an exercise routine and stick with it. You may use this warm-up, exactly as it is written; others may use this to develop their own (recommended). Regardless, a repeated-daily routine will produce results.